

# Weekly Bulletin 5th December 2025

## Upcoming Whole School Dates

<b>Dec</b>	Wed 17th :	Christmas Jumper Day & Christmas Lunch
	Friday 19th :	Christmas Church Service
	Friday 19th :	Last day of Term 2
<b>Jan</b>	Mon 5th:	INSET Day
	Tues 6th :	First Day of Term 3

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**Whole School Reminder:**  
**We are an allergy aware school.**

**NO NUTS** are to be brought in to school. Thank you.

## School Notices

### Healthy Snacks

Please provide fruit for snack time rather than crisps or chocolate, as we are a Healthy School.

Dear families,

### Another Big Thank You

We would like to extend another big thank to all the Friends, helpers and volunteers, and everyone who donated, for another wonderful Christmas Fair.

**This years total is now in and can be found in this bulletin.. Wow!**

### Walkers Needed

We would really appreciate some help walking the children down to the Christmas Service after lunch on the last day of term - Friday 19th December.

Do please let the office know if you are able to help.



*Thank you for your ongoing support.*

## Attendance This week: Best attendance: Year 3

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Whole School
95%	98.5%	96.5%	99.3%	87.9%	91.9%	94.5%	94.3%

# LIGHT Awards

## Well done

to this week's LIGHT award winners:

Poppy R

Anna Y1

Ted Y2

Kathrin Y3

Lily Y4

Dollie Y5

Aidian Y6

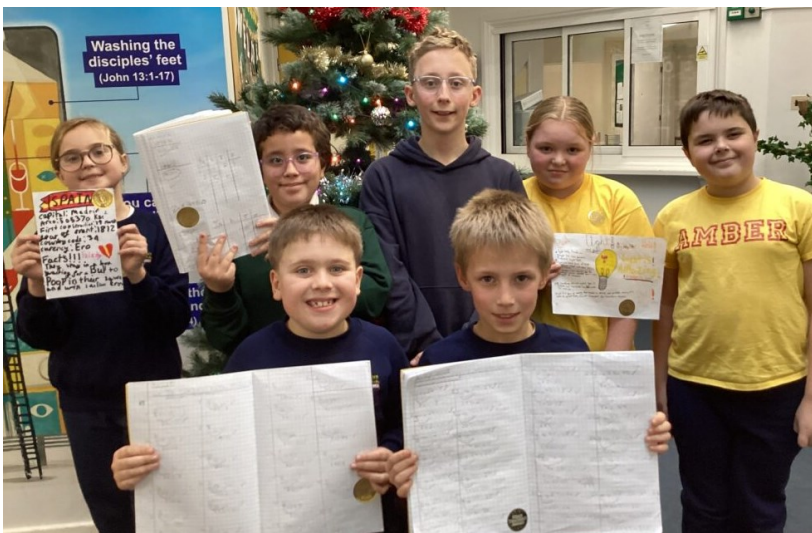


# Headteacher Awards

## Well done

to our Headteacher's Award winners for excellent work this week:

Sebbie, Benny, Felicity, Jolee, William, Stanley and Holly



# Competition Winner!

Well done Abi, who won best in school for her Peter Pan themed Christmas Light design!





# Online Safety & Safeguarding

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media platforms and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, it can also bring a number of social pressures, particularly if users start to question their own levels of popularity.

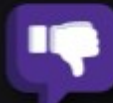


## What parents need to know about SOCIAL PRESSURES LINKED TO 'LIKES'



### DAMAGING TO SELF-ESTEEM

Your child may use likes to measure their own self-worth, with more likes instilling a greater level of confidence and acceptance amongst their friends and peers. However, children who only receive a small number may in turn feel a sense of rejection or isolation and could potentially suffer from low self-esteem issues, impacting them in other aspects of their life such as at school or in social settings.



### AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to engage with apps for longer periods than they otherwise would have wanted, checking their phone more frequently, including at night when they should be asleep. This could contribute towards screen addiction which can cause sleep deprivation and consequently a lack of focus during the next day at school.



### UNREAL VIEW OF THE WORLD

Your child may follow celebrities or other popular individuals on social media who receive millions of likes. Not everything on social media is a true reflection of the world and your child may feel pressured into behaving in a similar way in real life or posting similar material in order to feel popular and achieve a similar level of self-worth.



### COMPETITIVE CULTURE

Children will often compare the number of likes they receive for their post against their friends or followers, possibly evoking emotions of jealousy or resentment. In a bid to increase their own status and receive more likes, this could lead to a competitive culture in which children try to better one another, potentially leading to them engaging in more and more riskier activities.



## Safety Tips For Parents

### FOLLOW OR BEFRIEND YOUR CHILD ONLINE

Using the same social media sites as your child and connecting with them online will allow you to keep an eye on what their interests are and who may be influencing them. Following their likes will help you build a picture of what your child is being exposed to and what they find interesting.



### MONITOR MENTAL HEALTH

If your child does post on social media, it is important to monitor their feelings and emotions, supporting them and encouraging them to talk to you about what they may be experiencing. Explain to them that not everything online is real and that life is not dictated by how many likes a post may or may not get.



### ENCOURAGE HOBBIES OR OTHER ACTIVITIES

Try to help reduce your child's screen time and need for social media through encouraging them to do other things, such as a sport or hobby or simply playing with friends outdoors. Supporting them to take up other activities that they enjoy can also help build self-esteem and increase their own confidence.



### DISCUSS THE REAL WORLD

Talk to your child about online perceptions and about what they feel is and isn't important in their life. Try to establish an open and honest conversation and speak about what they feel is acceptable to post online and if they feel pressure to conform.



### HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

Try to help build your child's self-esteem through positivity and praise and listening to them if they are struggling with the way they look or feel. Talk to them about the positive aspect of their personality and help them understand that looks aren't everything. Try not to criticise or blame your child which could compound any negative thoughts they are already feeling.

### Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



<https://www.independent.co.uk/life-style/gadgets-and-tech/facebook-like-inventor-deletes-app-iphone-julia-roosevelt-addiction-ears-a786888.html>  
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<https://fcb.org.uk/media/about-the-council/about-us/361492-appropriate-design-code-for-public-consultation.pdf>  
<https://www.familyline.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Mrs L Pomeroy - (DSL) Designated Safeguarding Lead

Mr B Berhane - Deputy Designated Safeguarding Lead and Mrs K Hitch - Deputy Designated Safeguarding Lead

Please email any concerns: [dsl@sjm.academy](mailto:dsl@sjm.academy)

Dear parents,

The **Eastbourne, Wealden & Lewes Family Grapevine WINTER 2025/26 issue** is now available to view and download online, printed copies of the magazine are available at your local supermarket [Tesco Super Store: Crowborough, Hailsham, Lewes and Uckfield; Tesco Extra: Lottbridge Dr in Eastbourne and CWS Co-op: Heathfield], you will also find copies at your local library, leisure centre and Family Hub, as well as information centre.

It is a one-stop directory of things to do for families with children from bump to teen. The magazine lists activities, places to visit and events taking place this winter/Christmas. It also features 4 fantastic competitions for a chance of winning some fabulous prizes, from days out to family weekend!



The online magazine can be found and downloaded here:

<https://thefamilygrapevine.co.uk/eastbourne-wealden-lewes/magazine/winter-25-26/>



## Holiday food and fun!

FREE for families receiving benefits-related free school meals.

Scan the QR code to visit our website.

[Welcome to Holiday food and fun | East Sussex County Council](#)



Activities may include sports, games, arts, crafts, music, and nature although these will differ from club to club.

Bookings for winter clubs are now open.



During school holidays at Easter, summer and Christmas, our Holiday Food and Fun clubs will be serving up a menu of activities and food for children and young people aged 5-16. Activities will vary and not all activities will be available to all ages.

Department  
for Education

